



Can legal non-citizens get Food Assistance benefits?

Maybe. Ask your Food & Nutrition worker. Even if you can't get benefits, other household members born in this country can. Getting Food & Nutrition benefits won't hurt you if you want to become a citizen.

If I am eligible, how much can I get?

Look at the table below to see the most you can get if you have no income. As your income goes up, your Food & Nutrition benefits go down. The amounts in this table are good from October 1, 2011 to September 30, 2012.

People in Household	Max. Monthly Allotment
1	\$200
2	\$367
3	\$526
4	\$668
5	\$793
6	\$952
7	\$1052
8	\$1202



How do Food Assistance benefits help me eat healthier?

Food Assistance benefits help stretch your dollars at the grocery store so you and your family can eat a variety of healthy food, such as grains (especially whole grains), fruits and vegetables every day. Good foods can help you and your family stay healthy.

How can I get more information?

Contact Catawba County Social Services,
3030 11th Ave. Dr. SE, Hickory, NC; P.O. Box
669, Newton, NC 28658; 828-695-4419.



CATAWBA COUNTY SOCIAL SERVICES
3030 11th Ave DR SE • Hickory, NC 28602
(828) 695-4419 • www.catawbacountync.gov/dss/



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FOOD ASSISTANCE BENEFITS



Food Assistance Benefits



To strengthen, with dignity and respect, the quality of life for all citizens through supportive services and advocacy



Food Assistance Benefits

What is the Food Assistance Program?

The food assistance Program helps people with low income or no income buy nutritious food. Food and Nutrition benefits are not cash. The benefits come on a plastic card that you use like a bank card to buy food. Most grocery stores take Food and Nutrition benefits.

Can I get Food Assistance benefits?

To get Food Assistance benefits, your income and your other resources have to be under certain limits.

Your total income, before taxes or any other subtractions, is called *gross income*. The food assistance program allows all or a portion of certain *deductions* to be subtracted from your gross income. The amount of income left after allowable deductions is called *net income*.

Most households must meet both gross (200% of poverty level) and net income limits. If your household has a person who is 60 or older or who is disabled, you only need to meet the net income limit. If everyone in your household receives SSI or WFFA, you do not need to meet any of the income limits. If your household contains an individual who is disqualified, you may go by the gross monthly income limit (middle column).

Look at the income table to find out what the gross and net income limits are for Food Assistance benefits. The amounts in this table are good from October 1, 2011 to September 2012.

People in Home	Gross Income 200% of Poverty Level	Gross Monthly Income	Net Monthly Income
1	\$1815	\$1180	\$908
2	\$2452	\$1594	\$1226
3	\$3089	\$2008	\$1545
4	\$3725	\$2422	\$1863
5	\$4362	\$2836	\$2181
6	\$4999	\$3249	\$2500
7	\$5635	\$3663	\$2818
8	\$6272	\$4077	\$3136

Resources: Your resources are things like bank accounts. To qualify for Food & Nutrition benefits, your household may have up to \$2,000 in resources. If your household has a person who is aged 60 or older who is disabled, you may have up to \$3,000 in resources. Some households are exempt from meeting the resources limit.

Resources that don't count are your home, land, buildings, most vehicles and the resources of people who receive WFFA or SSI. One way to see if you might be able to get Food Assistance benefits is to go to:

<https://epass.nc.gov>

Answer the questions. If it looks like you might be eligible, you can also find out how much you could receive. But to find out for sure, you must apply.

How do I apply for Food Assistance benefits?

If you think you might be eligible for Food Assistance benefits, and you want to apply, you need to:

- Call or go to the local Department of Social Services for an application or ask them to mail you an application.
- Fill out the application as much as you can. Put your name and street address on the form and sign it.
- Return the application to the local office.
- Have an interview. You can do your interview over the phone or you can have a friend or relative go to the interview in your place.
- Show the local office important papers such as pay stubs, receipts for rent or mortgage payments, utility bills, child or elder care bills, child support court orders and cancelled checks.

After reviewing your application, the local worker will tell you if you qualify and how much you will receive.

Can I get Food Assistance benefits if I am not working?

Yes, but if you are able to work, you must look for work. The Job Link Center at the NC Employment Commission Office is a great place to get started.